



Chocolate Walnut Mug Cake

Yield: 1 Mug Cake

Cost Per Serving: N/A

Cook Time: 5 minutes

Ingredients:

- 2 Tbsp unsweetened cocoa powder
- Nonstick cooking spray
- 1 ½ tsp canola oil
- ¼ tsp vanilla extract
- 2 Tbsp white whole-wheat flour
- ¼ tsp baking powder
- 1 ½ Tbsp sugar (or low-calorie sugar blend*)
- 2 Tbsp skim milk
- ¾ Tbsp walnuts (chopped)

*Check sugar to sugar blend ratio

Directions:

1. Spray a coffee mug with cooking spray.
2. Add the flour, cocoa powder, salt, sugar, canola oil, milk and vanilla and stir to combine
3. Microwave for 45 seconds.
4. Top with the walnuts and serve.

Recipe adapted from: American Diabetes Association